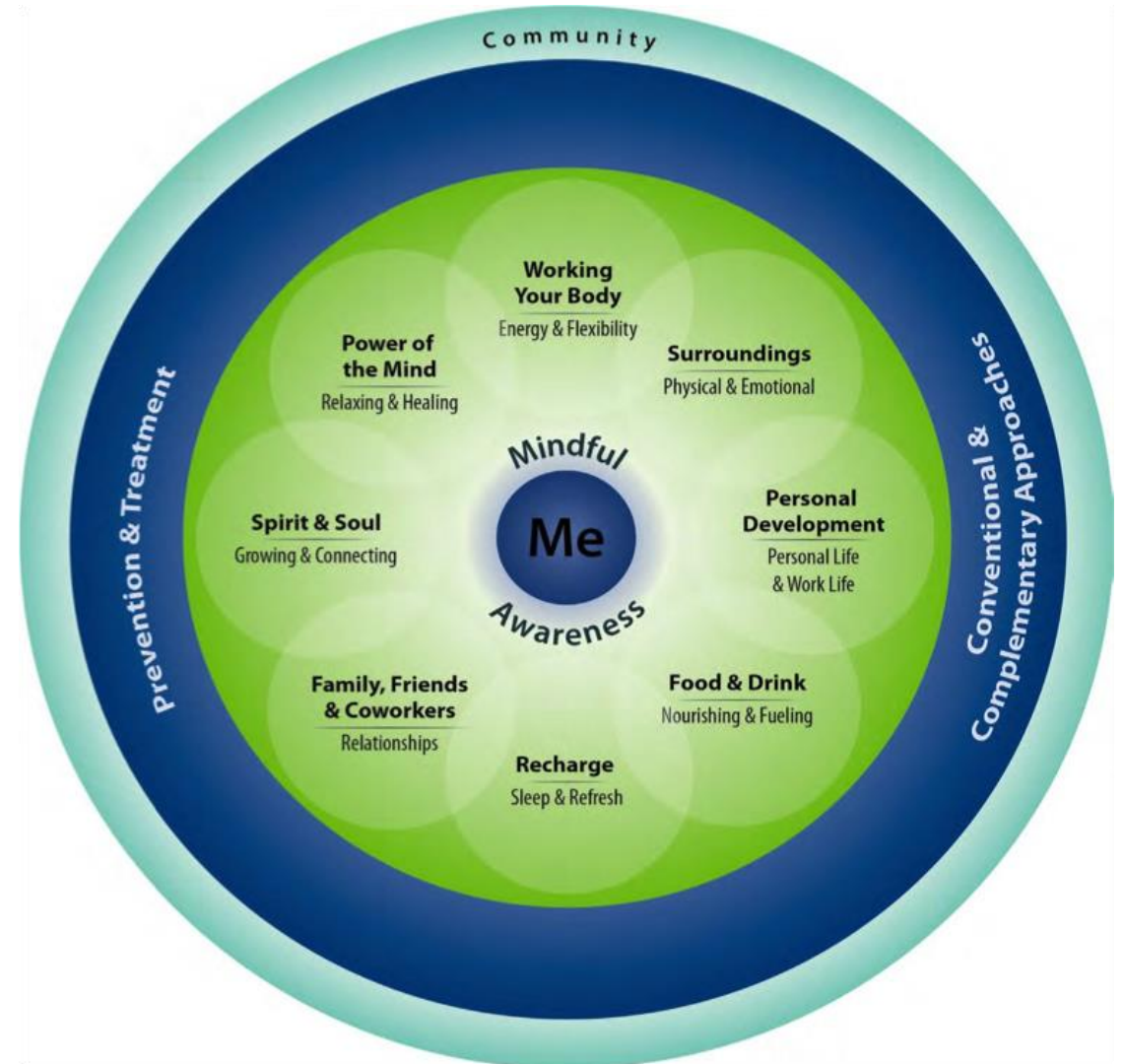


The Circle of Health – a Tool for Reflection and Action

- What matters most to you in your life right now?
- What are your strengths in the Circle of Health?
- What areas might you need to work on?
- What skills do you need to help you move toward what matters most to you?





VA » Health Care » Whole Health

Whole Health

▾ Whole Health

Home

▸ Get Involved

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Build Your Personal Health Plan

▸ More Health Care

QUICK LINKS



Hospital Locator

Zip Code

Go



Health Programs



Protect Your Health



A-Z Health Topics



Self-care Blog Series

Check out VA's weekly self-care blog series highlighting resources you can follow along at home to #LiveWholeHealth.

[Learn more »](#)

Self-care Blog Series

Discover What Matters

Circle of Health

What is Whole Health?

Whole Health is VA's cutting-edge approach to care that supports your health and well-being. Whole Health centers around **what matters to you**, not what is the matter with you. This means your health team will get to know you as a person, before working with you to develop a personalized health plan based on your values, needs, and goals.

Find out how you can #LiveWholeHealth from home through [VA's ongoing self-care blog series](#). This series highlights Whole Health resources—such as video sessions for yoga or meditation—that you can follow along at home to live healthier and happier.

ON-LINE WHOLE HEALTH/WELL-BEING RESOURCES

- <https://www.blogs.va.gov/VAntage/category/health/livewholehealth/>
- The [#LiveWholeHealth blog series](#) highlights self-care resources—such as video sessions for yoga or meditation—that Veterans can experience at home. This ongoing series showcases a variety of VA resources, and includes breathing exercises, stretching, meditation, fitness, yoga, tai chi, and more. This series provides valuable resources that can be used by Veterans, family members, caregivers, and anyone!



Live Whole Health: Self-care blog episode #19 – Acupressure

🕒 Wednesday, May 13, 2020 4:00 pm 📁 #LiveWholeHealth
👤 VAntage Point Contributor 👁 623 views

Acupressure is the applying of pressure to specific points on the body, often used to help relieve tension ...

#LiveWholeHealth acupressure acupuncture Guided Meditation meditation

Read More



Live Whole Health: Self-care episode #18 – Taking Time to Pause

🕒 Monday, May 11, 2020 4:00 pm 📁 #LiveWholeHealth
👤 VAntage Point Contributor 👁 783 views

Living busy lives can sometimes mean that we prioritize ourselves last. When we make our lists of ...

#LiveWholeHealth Guided Meditation meditation

Read More



Live Whole Health: Self-care episode #17 – Mindful Breathing

🕒 Friday, May 8, 2020 4:00 pm 📁 #LiveWholeHealth
👤 VAntage Point Contributor 💬 1 comment 👁 1k views

Mindful breathing increases the flow of oxygen to your brain and allows your nervous system to promote a ...

<https://www.blogs.va.gov/VAntage/category/health/livewholehealth/>

ON-LINE WHOLE HEALTH/WELL-BEING RESOURCES

- **Employee Support Resources**
- Resources to support the mind, body and soul such as meditation, relaxation techniques, breathing exercises, yoga, and more. Sponsored by the offices of Mental Health & Suicide Prevention, Patient Centered Care & Cultural Transformation, National Center for Organization Development, Patient Experience Directorate of the Veteran Experience Office, and Chaplain Services.
- **Thru May 23, 2020**, we have had a total of 14,071 pageviews (compared to 9,849 on 5/16/20) ; average time that individuals spent on the page was 10:34 minutes for the week ending 5/23/20

Employee Support Resources

Employee Whole Health

Self-Care Resources for Your Whole Health

We are all faced with new challenges as a result of the COVID-19 pandemic. How we deal with and adapt to change affects our ability to respond to these challenges.

Disaster Distress Helpline

All VA employees are eligible to contact this helpline at 1-800-985-5990 or even text, "TalkWithUs" to 66746, to be connected to a trained counselor. Help is available 24-hours-a-day, seven-days-a-week.

Relaxation Practices/Mindfulness	+
Spiritual Health/Spirit & Soul	+
Staying VA Strong/Resilience	+
You Owned the Moment	+
Moving the Body	+

Relaxation Practices/Mindfulness



Audio files

- [Grounding Meditation](#) by Christiane Wolf (5 minutes)
- [Mindfulness of Sounds Meditation](#) by Greg Serpa (10 minutes)
- [Body Scan Meditation](#) by Christiane Wolf (15 minutes)
- [Ten Lessons I Learned in War that Can Help in Coping with the Coronavirus](#) by Julie Barker, OEF/OIF Veteran and LCSW (16 minutes)
- [Relaxation Recordings](#)

Videos

- [Mindful Muscle Relaxation](#) (4:18)
- [Loving Kindness Meditation](#) (3:27)
- [Breathing Exercises](#) (6:53)

